
Healthy Relationships

A healthy relationship is based on trust and respect. It is when...

- You feel safe and secure
- You are able to express your thoughts and opinions
- You listen to each other
- * You feel like you can be yourself
- You enjoy each other
- You treat each other with respect
- You and your partner have friendships outside of the relationship
- You try and help one another during difficult times
- You can have differing opinions and interests
- You can have privacy and personal time
- You can compromise, apologize and openly talk things out
- You can say "No" to things you don't want to do

Unhealthy Relationships

An unhealthy relationship is based on power and control. It is when...

- You are not able to be yourself
- You are scared to disagree
- You feel fearful or threatened
- You feel isolated and alone
- You feel the person doesn't respect you when you say "no"
- You are being hurt physically, sexually, and/or emotionally
- You are being blamed for their behaviour
- You are being criticized, often feeling embarrassed or humiliated
- You are being told what to do
- You feel that they are jealous and controlling
- You are being lied to
- You are constantly ignored
- You are being insulted and called mean names
- You feel you have to change yourself in order to make the relationship work